

EMOTIONAL FREEDOM TECHNIQUE (EFT) TAPATHON MODULE 1 **QUESTIONS & ANSWERS 01ST DECEMBER 2025**

MAIN TOPICS COVERED:

1. What is Vitality Living College, and what are its vision, mission, and global impact?

Vitality Living College is a global institute dedicated to empowering practitioners and coaches to transform lives.

A. Vision: To have a trained practitioner or coach in every educated household.

B. Mission: To transform lives through emotional well-being, personal development, spiritual growth seminars, and certification training.

C. Global impact:

- 43,000+ people trained worldwide
- 625 seminars facilitated
- Represented in 45 countries

Vitality Living College combines practical training, personal transformation, and community support to create a worldwide network of skilled, confident practitioners making a real difference.

2. What housekeeping guidelines should participants follow?

To get the most out of the EFT Tapathon program, it's essential to create a safe, focused, and fully present environment. These simple guidelines will help you experience the program just like an in-person training.

- A. Treat this like a live, in-person seminar:** Show up fully, be present, and participate wholeheartedly.
- B. Avoid using your phone:** No texting, scrolling, or multitasking during the event.
- C. Keep tissues nearby:** Emotions may rise, and that's completely okay.
- D. Have a pen and paper ready:** For insights, reflections, and exercises.
- E. Ensure a strong, stable internet connection:** So that your experience is smooth and uninterrupted.
- F. Keep your video on:** It helps maintain connection, safety, and group energy.
- G. Wash your hands before the session:** Especially helpful for tapping practices.

Following these guidelines helps you stay grounded, connected, and fully engaged, allowing you to receive the deepest benefits from your EFT Tapathon experience.

3. Who is Dr Rangana Rupavi Choudhuri, PhD?

Dr Rangana Rupavi Choudhuri, PhD, is a wellness pioneer who has transformed her own life through alternative therapies. Diagnosed with cancer, chronic pain, and reproductive illness, she self-healed using techniques such as EFT Tapping and Inner Child Healing — overcoming daily migraines, chronic pain, and thyroid issues. Following her personal transformation, she left her day job and founded Vitality Living College, through which she has trained over 43,000 practitioners worldwide.

4. What are the 6 parts of the EFT Tapathon Program, and how does the 21-day Tapathon guide participants?

The EFT Tapathon Program is designed as a comprehensive six-part system that supports emotional healing, self-awareness, and resilience-building through EFT. Each component reinforces the learning journey and ensures participants feel supported, guided, and connected throughout the process. The 6 parts of the program are:

- A. The 21-day EFT Tapathon:** The heart of the program—a guided daily tapping journey that helps participants steadily release emotional blocks, calm the nervous system, and build lasting emotional resilience.
- B. The EFT Tapathon portal:** A dedicated online learning hub containing all videos, recordings, worksheets, and bonus resources. Participants can learn at their own pace and revisit any module whenever needed.

- C. Slides & worksheets:** Structured learning materials that make concepts easy to understand, practice, and integrate. These support deeper emotional awareness and clear, step-by-step application of EFT.
- D. Community support groups (WhatsApp & Facebook):** Interactive groups where participants ask questions, share wins, seek guidance, and stay motivated. These spaces create accountability, connection, and encouragement.
- E. Alumni support group:** A continuation space after the Tapathon ends, helping participants maintain momentum and stay connected to EFT practices long term via WhatsApp.
- F. Video announcements & live Q&A:** Regular video updates and live sessions with trainers help clarify doubts, deepen understanding, and keep participants engaged throughout the journey.

Here's the link to All Slides:

<https://portalnew.vitalitylivingcollege.info/web/courses/6916aab0a8b15c0b9d422ba3?chapter=692d6351c5e57869edb6b3ed>

Here's the link to All Worksheets:

<https://portalnew.vitalitylivingcollege.info/web/courses/6916aab0a8b15c0b9d422ba3?chapter=692d635f4181dfe58594432a>

The Tapathon is built as a progressive emotional clearing journey moving from heavy emotions to lighter, empowering ones. Here is the full step-by-step flow exactly as structured:

1. **Introduction to EFT:** A gentle start to understand tapping and prepare the mind-body system.
2. **Releasing Anger:** Dissolving emotional charge and reactive energy.
3. **Embracing Fear:** Creating safety so fear loosens its grip.
4. **Healing Sadness:** Softening emotional heaviness stored in the body.
5. **Overcoming Hurt:** Letting the heart mend and feel supported again.
6. **Freeing Guilt:** Releasing self-blame and emotional burden.
7. **Healing Grief & Loss:** Honouring and integrating deep emotional pain.
8. **Dissolving Anxiety:** Calming the nervous system and reducing overwhelm.
9. **Melting Worry:** Releasing overthinking and mental loops.
10. **Healing Betrayal:** Restoring trust and healing emotional wounds.
11. **Surrendering Resentment:** Softening the emotional charge of past hurts.
12. **Ending Frustration:** Releasing resistance and emotional tension.
13. **Lifting Irritation:** Detaching from triggers and restoring calm.
14. **Transforming Powerlessness:** Restoring inner strength and personal agency.
15. **Overcoming Helplessness:** Reconnecting with inner resources.

- 16. Melting Self-Doubt:** Clearing the inner critic and fear of inadequacy.
- 17. Welcoming Confidence:** Strengthening self-belief and inner stability.
- 18. Unlocking Happiness:** Opening the emotional body to joy.
- 19. Unleashing Joy:** Re-activating lightness and celebration.
- 20. Opening to Love:** Expanding the heart and cultivating connection.
- 21. Integration & Reflection:** Bringing all 21 days together with grounding, insight & gratitude.

The EFT Tapathon Program is a complete emotional healing journey built on six powerful pillars of learning, support, and community. With the 21-day Tapathon at its core, participants move gently and systematically through heavy emotions toward lighter, positive states.

5. What questions make up the Life & Mental Health Audit?

The Life & Mental Health Audit is a simple yet powerful self-reflection tool designed to help individuals check in with their emotional well-being. With just five questions, it gives a quick, honest snapshot of how someone is coping—emotionally, mentally, and energetically. These questions help reveal hidden stress patterns, internal triggers, and areas that need immediate support or healing. It is often used before an Emotional Detox, EFT session, or any transformational program to establish a baseline and track progress over time.

Key questions in the Life & Mental Health Audit. Each question is rated on a scale of 1 to 10 for clarity and self-awareness.

- A. How happy do you feel?** (10 = Very happy; 1 = Not happy): Helps understand the person's current level of emotional fulfilment.
- B. How stressed do you feel?** (10 = Not stressed; 1 = Very stressed): Indicates the extent to which pressure or overwhelm is affecting daily life.
- C. How well are you sleeping?** (10 = Great sleep; 1 = Not great): A key marker for mental, emotional, and physical balance.
- D. How anxious do you get?** (10 = Not anxious; 1 = Very anxious): Reveals underlying worries, fears, or hypervigilance.
- E. How often do you get triggered?** (10 = Not very often; 1 = Very often): Shows how frequently emotional sensitivity or old patterns get activated.

With this simple five-question assessment, practitioners can track emotional progress, identify patterns, and create personalised healing plans. When used consistently, it becomes a powerful tool for deep emotional transformation and long-term well-being.

6. What is an Emotional Detox?

An Emotional Detox is the process of releasing built-up, stuck, or overwhelming emotions so you can feel lighter, clearer, and more balanced — both mentally and physically. It's a way to care for your emotional well-being, just like physical detox helps maintain the body.

- A. Clearing emotional buildup:** Just like toxins can accumulate in the body, emotions like stress, anger, sadness, guilt, and fear can build up over time. Emotional detoxing is about acknowledging them and letting them go.
- B. Resetting your nervous system:** Unprocessed emotions keep your body in a stressed or tense state. Detoxing helps calm the nervous system, reduce overwhelm, and restore inner peace.
- C. Reconnecting with yourself:** Emotional Detox creates space to understand what you truly feel, need, and want. People often feel more grounded, centred, and self-aware afterwards.
- D. Releasing patterns that don't serve you:** It helps shed unhelpful emotional habits like people-pleasing, self-criticism, or emotional suppression, allowing you to respond to life more intentionally.
- E. Creating emotional space for healing:** Letting go opens room for healthier emotions such as joy, clarity, confidence, and compassion.

7. Why is an Emotional Detox important?

An Emotional Detox has various benefits. Some of the reasons for its importance are as follows:

- A. Prevents emotional overload:** Releasing built-up emotions prevents sudden irritability, anxiety, overwhelm, or burnout.
- B. Improves mental clarity:** Detoxing clears mental fog, improves decision-making, and provides a fresh perspective.

- C. Reduces stress in the body:** Emotional release relaxes tight muscles, eases shallow breathing, and reduces fatigue, helping the body feel safe again.
- D. Heals emotional patterns:** Releasing emotions helps break recurring patterns like overthinking, shutting down, reacting instead of responding, or people-pleasing.
- E. Enhances communication & relationships:** Emotional Detox reduces reactivity and allows you to respond with clarity, improving presence and connection with others.
- F. Boosts self-awareness:** It helps you understand triggers, unprocessed emotions, and what you genuinely need — essential for personal growth.
- G. Creates space for positive emotions:** Letting go of old pain makes room for joy, peace, and confidence in your life.
- H. Supports long-term well-being:** Regular emotional detoxing prevents chronic stress, emotional shutdown, and feeling stuck, promoting ongoing mental and emotional health.

Emotional detox is a powerful self-care practice that clears emotional clutter, restores balance, and supports long-term well-being. By regularly releasing built-up emotions, you create space for clarity, joy, and emotional resilience — helping you live a lighter, more present, and empowered life.

8. What are the signs that someone might need an Emotional Detox?

Emotional buildup doesn't always come from big traumas—sometimes it's the quiet heaviness, the unspoken feelings, and the moments we brush aside. If any of the following feel familiar, your system may be asking for an Emotional Detox.

- A. You feel emotionally heavy even when nothing major is wrong – a lingering weight you can't explain.
- B. You get overwhelmed by small things – minor triggers feel like major problems.
- C. You bottle things up because you don't want to burden anyone, and pushing through feels exhausting.
- D. You're always "strong" for others but rarely have space to feel your own emotions.
- E. You snap, withdraw, or shut down unexpectedly – your body reacts before your mind understands why.
- F. You feel mentally or emotionally stuck – like you're moving but not progressing.
- G. You often feel anxious, tense, or unable to relax – your nervous system is always "on."
- H. You avoid your emotions out of fear of what might surface, using distraction to cope.
- I. You're tired of repeating the same emotional patterns – same triggers, same reactions, same cycles.

- J. You crave inner peace, clarity, or emotional freedom – a desire to feel lighter and aligned.
- K. You struggle to let go of past hurt or grudges – the emotional baggage feels impossible to drop.
- L. You find it hard to enjoy the present because your mind is stuck in the past or future.

If even a few of these resonate, it's a gentle signal that your emotional system needs space to release, reset, and rebalance. An Emotional Detox helps you clear the weight you've been carrying—so you can finally feel lighter, clearer, and more present in your life.

9. What makes stress and buried emotions so harmful to people's health and daily life?

Stress and unprocessed emotions don't just sit in the mind — they settle in the body, disrupt the nervous system, and affect every major function responsible for health. When emotions are suppressed instead of released, the body carries the weight, often for years. Over time, this emotional buildup turns into physical symptoms, chronic tension patterns, and even serious medical conditions. Why stress & buried emotions are so harmful:

- A. They overwhelm the body's systems: Research shows that up to 85% of illness is stress-related (CDC). Constant stress keeps the body in survival mode, weakening immunity, sleep, digestion, and hormones.

- B. They are behind most doctor visits: 80–90% of doctor visits are linked to stress, even when no disease is detected. This means people often feel unwell because their emotions are unprocessed.
- C. Suppressed emotions increase disease risk: Shutting down emotions is linked to a 70% higher risk of cancer and 47% higher risk of heart disease, showing how deeply emotions affect organ health.
- D. Unresolved trauma contributes to illness: Unhealed trauma keeps the body in chronic stress, creating inflammation, pain, and long-term imbalance.
- E. Unexpressed anger affects serious diseases: Long-term emotional suppression—especially anger—has been closely tied to cancers and cardiovascular issues.
- F. Unforgiveness affects metabolic and heart health: Holding on to emotional pain increases the likelihood of diabetes, chronic pain, and even heart attacks due to internal stress load.
- G. Stress hygiene is neglected: We brush our teeth daily, but we don't "clean our stress" daily — so emotional residue builds up until it becomes physical.
- H. Suppressing emotions feels easier: Many people push emotions down because it feels safer than facing them, even though it damages their well-being.

- I. People don't have a system for emotional release: Most were never taught emotional regulation or structured emotional detox, so the buildup continues for years.

Stress and buried emotions silently shape a person's health, mindset, and quality of life. When emotions remain unprocessed, the body becomes the storage unit — and eventually, it breaks under the weight. Healing begins by learning how to release emotions safely, consistently, and intentionally. Tools like Emotional Detox and EFT make this possible. Here's the link to the references:

Stress-related medical visits: <https://www.linkedin.com/pulse/citations-90-all-doctors-office-visits-stress-related-tom-beckman/>

Emotional suppression and disease risks:

<https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/>

10. What can happen if emotions are not regulated?

Emotions are not just feelings—they are signals that guide our behaviour, decisions, and overall well-being. When emotions are not regulated or processed, they accumulate and impact mental, emotional, and physical health, often in ways we don't immediately notice. Here are the consequences of unregulated emotions:

- A. Emotional build-up & overwhelm: Unprocessed emotions stack over time, which can lead to sudden breakdowns, irritability,

emotional numbness, and feeling overwhelmed by small things.

It's like carrying a backpack that gets heavier every day.

- B. Increased anxiety & stress: Your nervous system remains in “fight or flight” mode because unresolved emotions signal the body that something is wrong. This can cause racing thoughts, trouble sleeping, and chronic tension.
- C. Emotional triggers become stronger: When emotions aren't processed, minor events can trigger major reactions such as snapping at people, crying unexpectedly, or shutting down during conflict. Reactions are often tied to past experiences rather than the present moment.
- D. Relationship issues: Unreleased emotions can create emotional walls. You may misinterpret others, hold resentment, struggle to express your needs, or fear vulnerability, weakening connection and trust.
- E. Mental fog & decision paralysis: Emotional baggage clouds the mind, making it harder to think clearly, make decisions, or feel motivated. Energy becomes stuck in the past instead of being focused on the present.
- F. Disconnection from yourself: When emotions are unprocessed, you may lose touch with what you truly feel, avoid your own needs, feel numb, or operate on autopilot, losing connection with your inner guidance.

- G. Physical tension & health symptoms: The body stores unprocessed emotions. Common signs include headaches, muscle tightness, digestive issues, fatigue, and chest tightness. The body often communicates what the mind avoids.
- H. Repeating negative patterns: Unreleased emotions drive unconscious behaviours such as choosing similar unhealthy relationships, people-pleasing, self-sabotage, avoiding conflict, or overreacting. This creates cycles that are hard to break.
- I. Feeling stuck in life: When emotions stagnate, personal growth stagnates too. You may feel unmotivated, disconnected, or unable to move forward, making it difficult to create the future you want while holding onto the past.

Unregulated emotions affect every aspect of life—mental clarity, relationships, physical health, and personal growth. Recognising and processing these emotions through practices like emotional detox or EFT can release this weight, restore balance, and empower you to live fully in the present.

11. How can you release emotional stress using Energy Flow®?

Emotional stress builds up silently in the body—tightening the breath, upsetting digestion, disturbing sleep, and overwhelming the mind.

Energy Flow® is a gentle, clinically backed way to release emotional pressure, regulate the nervous system, and restore balance—using the body's natural healing pathways. Below is a complete guide combining

the Energy Flow® cycle, vagus nerve activation, organ–emotion connection, colour mapping, and root-emotion clearing practices. The 6 ways Energy Flow® releases emotional stress:

- A. Regulate the nervous system: Energy Flow® calms the body’s stress response and brings the system back to safety.
- B. Release stored trauma from the body: Old emotional imprints stored in muscles, breath, and organs begin to soften and leave.
- C. Break the cycle of anxiety, pain & emotional exhaustion: Patterns of fear, worry, panic, or burnout start dissolving.
- D. Alleviate the trauma response: Fight, flight, freeze, and fawn responses reduce.
- E. Lower cortisol & free trapped emotions: Stress chemicals drop, making room for clarity and peace.
- F. Support healing through Energy Flow® practices: Breath, touch, movement, and tapping work together to release emotional pressure.

How the vagus nerve supports emotional release: The vagus nerve is:

- The longest cranial nerve in the body
- Activated through gentle breathwork and touch
- Responsible for relaxation and stress regulation

When Energy Flow® activates the vagus nerve, the body naturally shifts into:

- Calm
- Safety

- Emotional balance
- Improved digestion, sleep, and immunity

Different emotions store in different parts of the body:

- Throat – expression, truth, boundaries
- Lungs – grief and sorrow
- Heart – hurt, heartbreak, betrayal
- Stomach – anxiety, fear, overwhelm
- Liver – anger and frustration
- Spleen – resentment, jealousy
- Pancreas – worry, overthinking
- Kidneys – fear, insecurity
- Gut – suppression, stress, trauma memory

Energy Flow® techniques help each organ release emotional pressure safely.

Emotional Colour Mapping: Colour helps you identify emotional states quickly:

A. Red - Anger:

- Anger, irritation, frustration, rage
- Linked organs: Liver, gallbladder
- Physical symptoms: skin issues, weight fluctuation
- Practices: Tantrum Release, tapping, liver flush

B. Green - Worry:

- Worry, overthinking, lack of trust
- Linked areas: Head, digestion

- Practices: Hair Combing, Forehead Pull, Eyebrow Pull, Crown Pull

C. Blue - Sadness:

- Sadness, sorrow, grief, loneliness
- Linked organs: Lungs & breath
- Practices: Lung Energiser, Lung Flush

D. Yellow - Resentment:

- Jealousy, comparison, resentment, guilt
- Linked organs: Spleen, immune system
- Practices: Hug Hold (Spleen Hold), Triple Warmer Soother

E. Pink - Hurt:

- Hurt, rejection, heartbreak, disappointment
- Linked organs: Heart, reproductive system
- Practices: Heart Hold, Heart Breathing

F. White - Fear:

- Fear, shutdown, insecurity, doubt
- Linked organs: Kidneys, digestion
- Practices: Kidney Balancer, Stomach Soother, Finger Hold – Index Finger

G. Grey - Stress:

- Stress, confusion, foginess, overthinking
- Practices: Stress Release Hold, Finger Hold Breathing

The Finger Holds: Quick Emotional Reset: Each finger represents a core emotion:

- Thumb → Worry
- Index finger → Fear
- Middle finger → Anger
- Ring finger → Sadness
- Little finger → Trying too hard / overwhelm

Hold each finger gently while breathing slowly. This regulates emotions within 1–2 minutes.

The 5 root emotions to clear with Energy Flow®

- I. Anger: Caused by feeling wronged or powerless. Blocks clarity and peace.
- II. Fear: Worry about the future; causes anxiety and avoidance.
- III. Sadness: Linked to loss, disappointment, and emotional heaviness.
- IV. Hurt: Unprocessed emotional injury that becomes resentment or shame.
- V. Guilt: Self-blame for past actions; keeps you stuck in the past.

Energy Flow® helps release these at the root so the emotional charge dissolves.

Energy Flow® gives you the tools to release emotional stress from every layer of your system—mind, body, and energy. As you regulate your nervous system, free stored emotions, and balance your organs, you naturally return to clarity, safety, and emotional freedom. When emotions flow, life flows.

12. What is Tantrum Release?

Tantrum Release is a fast, expressive, and highly effective emotional-release technique used in EFT (Emotional Freedom Techniques). It is especially helpful when emotions feel intense, overwhelming, or stuck. Rather than suppressing irritation, anger, or frustration, Tantrum Tapping gives the body a safe outlet to discharge the built-up emotional charge. The idea is simple: Instead of holding emotions inside, you let them move through the body and out of your system. It involves three components done together:

- A. Tapping on the collarbone point: This EFT point helps regulate the nervous system, reduce emotional intensity, and shift the body out of the stress response.
- B. Making the “Aaaaaaaaaaaaaa” sound: A long vocal release creates vibration in the throat and chest, releasing stuck emotional energy. It mimics a child’s natural way of expressing overwhelm—and children are brilliant at releasing their emotions quickly.
- C. Stomping your feet: The physical movement grounds the body, releases tension through the legs, and helps move the emotional charge downward and out. It signals to the nervous system: “I am letting this go now.”

Together, these actions create a safe, controlled, and healthy “tantrum” that clears emotional buildup and restores balance.

Tantrum Release is a powerful emotional detox tool. It allows you to express your feelings honestly, release negativity rapidly, and return to a

calmer, more centred state. Instead of bottling up irritation or anger, you give your mind and body permission to let go—leaving you lighter, clearer, and more grounded.

13. How does EFT help resolve the root cause of emotional stress, and what clinically proven evidence shows its effectiveness?

EFT (Emotional Freedom Techniques) is designed to do more than manage emotions—it aims to resolve the root cause of emotional stress. Instead of treating symptoms like anxiety, anger, or overwhelm on the surface, EFT works with the body’s energy system, emotional memory networks, and physiological stress responses to release disruptions at their source.

How EFT works to address the root cause:

- A. EFT integrates ancient acupuncture principles: EFT is grounded in the same meridian system used in traditional Chinese medicine for thousands of years. EFT uses these meridian points through tapping instead of needles, making the technique accessible, gentle, and safe.
- B. Emotional stress comes from a three-step process: EFT explains emotional suffering through a simple model:
 - A distressing memory or experience
 - Creates a disruption in the body’s energy system
 - Resulting in emotional pain or negative emotions

Tapping directly calms this “energy disruption,” allowing the emotional charge stored in the memory to neutralise. This is why people often report that:

- The memory remains
- But the emotional intensity disappears

This shift represents deep root-cause resolution.

C. EFT rewires emotional and physiological responses: The tapping sequence sends calming signals to the amygdala and reduces activation in the limbic system. This means EFT not only changes how you think about an event—it changes how your body responds to it.

Clinically proven evidence for EFT’s effectiveness:

- I. PTSD recovery: Studies show dramatic improvements in trauma symptoms:
 - 90% of participants no longer met PTSD criteria after just six EFT sessions
 - This was vastly superior to a wait-list control group

This is one of the strongest research outcomes in the EFT field.

- II. Cortisol reduction (stress hormone): A landmark study compared three groups:
 - EFT tapping
 - Psycho-education
 - Rest (no activity)

Results:

- EFT reduced cortisol by 43%
- Psycho-education by only 19%
- No activity by 2%

This demonstrates a clear biological impact on the stress response.

III. Lower anxiety, depression & pain: Multiple studies show:

- Significant reduction in anxiety
- Decrease in depression symptoms
- Lower physical pain levels
- Improvements in emotional regulation and resilience

These outcomes are repeatedly validated through randomised trials.

IV. Improvement in performance: Research supports EFT's role in enhancing:

- Test performance
- Athletic performance
- Focus and confidence

This is attributed to reduced stress and improved cognitive clarity.

V. Reduction in addictions & cravings: Brain scan images illustrate:

- Overactivation in craving centres before EFT
- Normalisation of brain activity after four weeks of EFT tapping

This suggests neurological changes in reward pathways related to addictive patterns. EFT has also shown reductions in emotional eating and improved weight management by calming limbic system reactivity to food cues.

VI. Study on nursing students: A U.S. study using validated scales (STAI, PSS) found:

- Statistically significant reduction in anxiety
- Noticeable decrease in stress
- Reduced somatic symptoms
- Improved mental health and emotional well-being

Students also reported better emotional coping and clearer thinking.

VII. Impact of EFT on red blood cells: A research study explored how emotions affect red blood cell behaviour and whether EFT can influence this. Key findings from the report:

- Stress and emotional upset are associated with increased red blood cell clumping (a sign of poor blood flow).
- After EFT, red blood cells showed improved separation and healthier movement patterns, suggesting better oxygenation and reduced physical stress.

Reference link: EFT Universe – Emotions Affect Red Blood Cells:

<https://eftuniverse.com/research-studies/informal-and-unpublished-research/eft-research-emotions-affect-red-blood-cells/>

The research shows that EFT not only makes people feel better — it creates measurable changes in cortisol, brain activity, trauma symptoms, anxiety, cravings, and pain. Backed by clinical studies and decades of practice, EFT is a proven, complete method for transforming emotional patterns, healing past experiences, and restoring long-term mental and physical well-being.

14. What is immune-boosting thymus tapping?

Immune-boosting thymus tapping is a simple mind-body technique used to activate and energise the thymus gland—an important centre for immunity and emotional vitality. It helps wake up your body’s natural defence system, uplift your mood, and release stuck stress in just a few seconds. How to do thymus tapping:

- A. Make a gentle fist with one hand.
- B. Locate the thymus point, which sits at the centre of your chest on your breastbone (between the collarbones and the heart).
- C. Gently thump this point with a steady rhythm.
- D. As you tap, make an “Ahhhhh” sound—
 - This vibrates through the chest
 - Creates a soothing internal resonance
 - Feels like a mini head massage or a playful Tarzan thump.

Immune-boosting thymus tapping is a quick, powerful, and playful way to wake up your immune system and relax your body. With just a few thumps and a long “Ahhh,” you can reset your energy, lift your mood, and support your inner resilience anytime you need it.

15. What are the 7 steps of EFT, and how are they applied in practice?

Emotional Freedom Techniques (EFT) is a practical, evidence-based method for reducing stress, releasing emotional blocks, and enhancing well-being. It combines elements of cognitive therapy with acupuncture (tapping on specific meridian points). The process follows seven

structured steps that guide participants from identifying an issue to assessing their emotional shift. The 7 steps of EFT and their application:

A. Identify the issue or goal:

- Clarify what you want to address or change.
- Ask: What issue do I want to solve? How does it make me feel?
- This sets the intention and focus for the session.

B. Get a measure for it:

- Rate the intensity of the issue on a scale of 1–10.
- 10 indicates maximum discomfort, 1 indicates minimal discomfort.
- This gives a baseline to track progress during the tapping session.

C. Start EFT tapping on the side of the hand (karate chop point):

- Tap the side of your hand while repeating: “Even though I have [THIS PROBLEM], I deeply and completely love and accept myself.”
- Repeat three times.
- This begins the process of acknowledging the problem while reinforcing self-acceptance.

D. Tap on the upper body points:

- Tap on points across the head, face, torso, and hands while verbalising the problem.

- This helps release emotional or energetic blocks associated with the issue.

E. Close sequence:

- Return to the side of the hand (Karate Chop point).
- Repeat the initial phrase aloud again.
- Reinforces self-acceptance and completes the tapping cycle.

F. Relax:

- Pause, breathe deeply, sip water, and reflect on how you feel.
- This helps integrate the shift and relaxes the nervous system.

G. Test:

- Reassess the intensity of the issue on the 1–10 scale.
- Observe changes: worse, same, or better.
- Celebrate progress with a phrase like: “That’s great!”

The 7-step EFT process is a structured yet flexible method that empowers participants to address emotional and psychological challenges safely and effectively. By moving through identifying the issue, tapping on specific points, and testing the results, individuals can experience measurable shifts in emotions, stress levels, and overall well-being. EFT is both practical for self-use and highly effective in facilitated workshops or therapeutic settings.

16. Why is breathing crucial for emotional detox & regulation?

Breathing is one of the fastest, most accessible tools for calming the mind, relaxing the body, and releasing emotional buildup. When used consciously, breathwork becomes a powerful mechanism for clearing stress, balancing emotions, and restoring inner equilibrium.

- A. Regulates the nervous system: Breathwork stimulates the parasympathetic nervous system, activating the body's relaxation response and reducing the “fight or flight” stress response.
- B. Activates the vagus nerve: Deep breathing activates the vagus nerve, which improves heart rate variability (HRV), linked to emotional resilience and better stress management.
- C. Reduces cortisol (stress hormone): Slow, deep breathing lowers cortisol levels, which reduces emotional reactivity and promotes calmness.
- D. Increases oxygen flow to the brain: Deep breathing improves oxygen intake, enhancing mental clarity, focus, and neuroplasticity (the brain’s ability to adapt and heal).
- E. Releases physical emotional tension: Breathwork helps release physical tension stored in the body, such as tightness in the chest or shoulders, that is often linked to suppressed emotions.
- F. Promotes mindfulness and present-moment awareness: Conscious breathing enhances prefrontal cortex activity, improving self-awareness, emotional regulation, and the ability to process emotions in the present moment.

G. Activates theta brainwaves (relaxation & healing): Slow, controlled breathing triggers theta brainwaves, linked to deep relaxation and emotional processing, helping to access deep healing states.

Breathwork isn't just about inhaling and exhaling—it's a direct gateway to emotional release, nervous system reset, and inner healing. When you breathe consciously, you create space for calm, clarity, and authentic emotional freedom.

17. What is the connection between breathing and emotions?

Breathing patterns are closely linked to our emotional states. Different emotions can induce specific changes in the way we breathe.

Understanding these patterns can help in recognising and managing emotions effectively. Here's a detailed look at the relationship between emotions and breathing:

A. Stress and anxiety breathing pattern: Rapid, shallow breaths (hyperventilation).

- Physiological response: When stressed or anxious, the body's sympathetic nervous system is activated, preparing for a "fight or flight" response. This increases breathing rate and reduces the depth of breaths to quickly intake more oxygen.
- Effects: Hyperventilation can lead to dizziness, increased heart rate, and a sense of breathlessness, which can exacerbate feelings of anxiety and panic.

B. Fear breathing pattern: Quick, shallow breaths.

- Physiological response: Similar to anxiety, fear activates the sympathetic nervous system. The body prepares to respond to a threat, increasing the rate of respiration.
- Effects: Rapid breathing increases oxygen intake, preparing muscles for quick action.

C. Anger breathing pattern: Rapid and forceful breaths.

- Physiological response: Anger triggers the “fight or flight” response, leading to an increase in breathing rate and intensity.
- Effects: This type of breathing can heighten physical tension and emotional arousal.

D. Sadness breathing pattern: Slow, sighing breaths.

- Physiological response: Sadness often leads to a reduction in overall activity and energy levels, causing slower and deeper breaths.
- Effects: Sighing is a common respiratory response to sadness, helping to release tension and emotional weight.

E. Calmness and relaxation breathing pattern: Slow, deep, and rhythmic breaths.

- Physiological response: Activation of the parasympathetic nervous system, which promotes a “rest and digest” state. This slows the heart rate and promotes relaxation.

- Effects: Deep breathing enhances relaxation, reduces stress hormone levels, and promotes a sense of well-being.

F. Happiness and excitement breathing pattern: Deep, steady, and sometimes slightly faster breaths.

- Physiological response: Positive emotions can lead to a balanced activation of both the sympathetic and parasympathetic nervous systems, promoting a sense of vitality and readiness.
- Effects: This breathing pattern supports feelings of enthusiasm and engagement.

Every emotion has a breathing signature—and by changing your breath, you can change your emotional state. Conscious breathing is one of the simplest and most effective tools for emotional awareness, regulation, and healing. Here's the link for the Relaxed Breathing Self-practice Worksheet: <https://vitalitylivingcollege.info/wp-content/uploads/2025/12/Day-1-Relaxed-Breathing-Self-Practice-Worksheet-30.11.2025.pdf>

18. What is the Hair Combing exercise?

The Hair Combing exercise is designed to gently stimulate the scalp and support deep relaxation. Steps for the Energy Flow® Hair Combing Exercise:

- A. Place the thumb behind the ear and the fingers at the start of the hairline.

- B. Comb the fingers through the scalp while breathing in, then continue moving the fingers down the scalp as you breathe out.

The Energy Flow® Hair Combing exercise is a simple yet powerful technique that connects touch, breath, and relaxation. Practised consistently, it supports emotional calm, physical ease, and improved scalp vitality—making it an accessible tool for daily self-care and stress relief.

19. What is Index Finger Breathing?

Holding the index finger while practising deep breathing helps to ease fear, build emotional balance, and instill a sense of safety. The index finger is associated with specific acupuncture points related to the bladder meridian, which runs along the back of the body. Steps to Practice Index Finger Breathing:

- A. Hold the index finger – This finger is considered a storehouse of fears within us. Gently hold it while preparing for deep breathing. This practice can aid pain relief, emotional balance, energy regulation, and stress reduction.
- B. Notice your pulse – Keep holding the finger and focus on your natural breathing. Pay attention to sensations or any subtle pulse in the finger.
- C. Engage in affirmations – Silently say: “I choose to release any and all fear in my life. Any fear that is holding me back. I choose to step into my power, confidence, and do what needs to be done.”

Index Finger Breathing is a simple yet powerful technique to release fear and enhance emotional stability. By combining focused touch, mindful breathing, and affirmations, this exercise promotes relaxation, balances energy, and empowers you to step confidently into action.

20. What is the Triple Point Calmer?

The Triple Point Calmer is a technique that involves applying gentle pressure to specific acupressure points on the body, known as the “triple warmer” points. This method is designed to reduce stress, balance energy, and promote relaxation. Steps to Practice Triple Point Calmer:

- A. Set the intention and focus – Say to yourself, “Stay with me, stay with me, breathe, breathe.” This helps anchor attention and encourages mindful breathing.
- B. Reassure yourself – Repeat, “You are safe now, just breathe.” This affirmation reinforces a sense of safety and calm.
- C. Allow emotional release – Say, “It’s okay to cry. It’s okay. Just let it happen.” Giving permission for emotions to flow helps release tension.
- D. Apply gentle pressure – Tap or lightly press the three key points: under the eye, on the collarbone, and under the arm. This stimulates the triple warmer points and supports relaxation.

The Triple Point Calmer is a simple yet effective technique to relieve stress, balance energy, and create emotional safety. By combining affirmations, mindful breathing, and gentle acupressure, it helps induce

calmness, facilitates emotional expression, and promotes overall relaxation.

21. What is Hug Hold?

The Hug Hold is a grounding and regulating technique where you cross your arms and place your hands into your armpits. This position engages multiple calming points in the body—supporting emotional balance, easing worry, boosting immunity, and stimulating lymphatic flow. It can be practised while standing, sitting, or lying down, making it a versatile tool for relaxation and emotional regulation. Steps to practice Hug Hold:

- A. Cross your arms:** Place your hands comfortably into your armpits. Let your thumbs rest straight up on your chest.
- B. Connect with the meridian points:** Your fingers rest along the spleen meridian inside the armpits—helping ease worry and bring emotional grounding.
- C. Stimulate neurolymphatic points:** Your thumbs rest on the neurolymphatic points on the chest, encouraging lymph flow throughout the organs and supporting detoxification.
- D. Support the thymus gland:** As your arms cross, they gently cover the thymus gland, which is linked to immune system strength and vitality.

- E. Breathe deeply:** Inhale slowly through your nose and exhale gently through your mouth, holding yourself in a comforting, supportive hug.

The Hug Hold is a simple yet powerful self-regulation exercise that promotes grounding, reduces worry, supports lymphatic flow, and boosts immunity. Combining gentle pressure on key energy points with deep breathing helps calm the nervous system and create a sense of emotional and physical safety.

22. What is Spleen Hug?

The Spleen Hug is a gentle grounding technique used to support emotional balance, enhance immunity, and stabilise the body's energy system. By holding specific points connected to the spleen meridian, this exercise helps ease worry, promote digestion, and bring a sense of comfort and centeredness to the body. Steps to practice Spleen Hug:

- A. Wrap your left hand around your right arm:** Place your left hand just above your right elbow, holding the arm with steady but gentle support.
- B. Wrap your right arm around the left side of your body:** Place your right-hand underneath your left breast, resting along the spleen meridian to help stabilise and balance energy.
- C. Hold and breathe:** Stay in this position for at least three slow, deep breaths, allowing your body to soften and release tension.

D. Switch sides: Reverse the position—right hand above your left elbow and left-hand underneath the right breast—and hold again for at least three deep breaths.

The Spleen Hug is a calming and restorative technique that nurtures emotional stability, reduces worry, and supports the body’s natural energy flow. Through gentle holding and deep breathing, it helps strengthen grounding, digestion, and immunity, leaving you feeling more balanced and supported from within.

ADDITIONAL QUESTIONS:

1. How is Tantrum Tapping different from Tarzan Tapping?

Tantrum Tapping (also called Tantrum Release) is a technique where you tap under the collarbone to release anger, frustration, stress, and emotional negativity. It helps discharge intense feelings and calm the nervous system.

Tarzan Tapping (also called Immune-Boosting Tapping) is a technique where you gently thump the thymus point in the centre of your chest while making an “ahhh” sound. This helps boost energy, support the immune system, and promote a sense of calm and confidence.

In simple terms: Tantrum Tapping = release emotional buildup. Tarzan Tapping = boost energy and strengthen the body–mind system.

2. Is this pink for all genders for the reproductive system?

Yes, for all genders, reproductive systems.

3. Under the arms, can we twist the arms to alternate?

Yes, you can. More demonstrations will be done in the next module.

4. What shall we say for water retention?

It is recommended to use the lymph drainage points (the module will be shown), sit on the hands to empty through the bladder, and hold the inner eyebrow.

5. What should I do if, during my Relaxed Breathing Self-Practice, my breath is already at a 4, but I still feel some hidden, unclear emotion that I cannot identify?

This is actually a very normal stage in emotional release. When the breath softens to a 4, the nervous system relaxes and deeper layers start to surface — but they often come as a vague feeling rather than a clear emotion. In this situation, you don't need to identify the emotion. Instead, you can use EFT tapping to gently acknowledge the sensation and allow it to unfold naturally.

EFT setup phrase you can use:

- A. Option 1: Full sentence: While tapping the karate chop point, say:
“Even though my breathing is at a 4 and I feel like there is some hidden emotion I cannot identify, I deeply love and accept myself.” Repeat 3 times.

- B. Option 2: Short phrase: Use while tapping through the points:
“This hidden emotion.” “I cannot identify it.” “It’s okay not to know.” “I accept myself anyway.”
- C. Option 3: For very vague sensations: “Something is here.” “I don’t need to figure it out yet.” “I’m safe to feel a little bit at a time.”

Why this works: EFT allows you to: Acknowledge the emotion without forcing clarity. Reduce the pressure to identify what it is. Give your system permission to reveal it slowly. Release it even if you don’t understand it. Many hidden emotions are clear without ever being named.